

Kursplan ab 01.01.2026

	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	
08:00	Geräte 8:00 - 20:00		Geräte 8:00 - 20:00		Geräte 8:00 - 20:00		Geräte 8:00 - 20:00		Geräte 8:00 - 19:30		Geräte 9:00 - 12:00	Variierendes Kursangebot laut Aushang
09:00				Rehasport 9:00-9:45		Rehasport 9:00-9:45		Fit in den Tag 9:00-9:50				
10:00		Rehasport 10:00-10:45				Rehasport 10:00-10:45		Rehasport 10:00-10:45				
11:00		Rehasport 11:00-11:45		Rehasport 11:00-11:45				Rehasport 11:00-11:45 Rehasport 11:50-12:35				
12:00												
13:00								Herzsport 13:00-13:55				
14:00								Herzsport 14:00-15:00				
15:00						Rehasport 15:00-15:45						
16:00		Rehasport 16:00-16:45		Rehasport 16:00-16:45		Rehasport 16:00-16:45						
17:00		Rehasport 17:00-17:45		Rehasport 17:00-17:45		Rehasport 17:00-17:45		Core/Rücken 17:00-17:50				
18:00	Rehasport 18:00-18:45	Rückenfit 18:00-18:45	Pilates 18:00-18:50	Yoga 18:00-19:30								
19:00	Bodyform 19:00-19:50	Rehasport 19:00-19:50	Step Aerobic 19:00-19:50									
20:00												